Infographic. UEFA expert group 2020 statement on nutrition in elite football

James Collins,^{1,2} Ronald John Maughan,³ Mike Gleeson,⁴ Johann Bilsborough,^{5,6} Asker Jeukendrup,^{4,7} James P Morton,⁸ S M Phillips,⁹ Lawrence E Armstrong,¹⁰ Louise M Burke,¹¹ Graeme L Close,⁸ Rob Duffield,^{5,12} Enette Larson-Meyer,¹³ Julien Louis,⁸ Daniel Medina,¹⁴ Flavia Meyer,¹⁵ Ian Rollo,^{4,16} Jorunn Kaiander Sundgot-Borgen,¹⁷ Benjamin Wall,¹⁸ Beatriz Boullosa,¹⁹ Gregory Dupont,^{8,20} Antonia Lizarraga,²¹ Peter Res,²² Mario Bizzini,²³ Carlo Castagna,^{24,25,26} Charlotte M Cowie,^{27,28} Michel D’Hooghe,^{28,29} Hans Geyer,³⁰ Tim Meyer,^{28,31} Niki Papadimitiou,³² Marc Vouillamoz,³² Alan McCall^{2,12,33}

¹Intra Performance Group, London, UK, ²Performance and Research Team, Arsenal Football Club, London, UK, ³School of Medicine, St Andrews University, St Andrews, UK, ⁴School of Sport, Exercise and Health Sciences, Loughborough University, Loughborough, UK, ⁵Faculty of Health, University of Technology, Sydney, New South Wales, Australia, ⁶New England Patriots, Foxboro, MA, USA, ⁷MySport Science, Birmingham, UK, ⁸Research Institute for Sport and Exercise Sciences, Liverpool John Moores University, Liverpool, UK, ⁹Kinesiology, McMaster University, Hamilton, Ontario, Canada, ¹⁰Human Performance Laboratory, University of Connecticut, Storrs, CT, USA, ¹¹Mary MacKillop Institute for Health Research, Australian Catholic University, Melbourne, VA, Australia, ¹²Medical Department, Football Federation Australia, Sydney, NSW, Australia, ¹³Department of Human Nutrition, Foods and Exercise, Virginia Tech, Blacksburg, VA, USA, ¹⁴Athlete Care and Performance, Monumental Basketball, Washington, DC, USA, ¹⁵Federal University of Rio Grande do Sul, Porto Alegre, Rio Grande do Sul, Brazil, ¹⁶PepsiCo Life Sciences, Global R&D, Gatorade Sports, Science Institute, Birmingham, UK, ¹⁷Department of Sports Medicine, The Norwegian School of Sports Science, Oslo, Norway, ¹⁸Department

of School of Sport and Health Sciences, College of Life and Environmental Sciences,
University of Exeter, Exeter, UK, 19Mexican Sports Nutrition Federation, Mexico City,
Mexico, 20Federation Francaise de Football, Paris, France, 21FC Barcelona, Barcelona,
Spain, 22Dutch Olympic Team, Amsterdam, Netherlands, 23Research and Human
Performance Lab, Schulthess Clinic, Zurich, Switzerland, 24University of Rome Tor
Vergata, Ancona, Italy, 25Technical Department, Italian Football Federation
(FIGC), Florence, Italy, 26Italian Football Referees Association, Bologna, Italy, 27Technical
Directorate, Football Association, Burton upon Trent, UK, 28Medical Committee, UEFA,
Nyon, Switzerland29Medical Centre of Excellence, Schulthess Clinic, Zurich, Switzerland.
30Center for Preventive Doping Research, German SportUniversity Cologne, Cologne,
Germany, 31Institute of Sports and Preventive Medicine, Saarland University, Saarbruecken,
Germany, 32Medical & Anti-doping, UEFA, Nyon, Switzerland, 33Sport, Exercise and
Health Sciences, School of Applied Sciences, Edinburgh Napier University, Edinburgh, UK

UEFA commissioned an expert group statement on nutrition in elite football.[1] Gathering 32
global experts in football and nutrition research and practice, the expert group statement
covers nine key topics specific to football and intended to enhance the practical application of
sports nutrition provision within elite football teams (male, female, junior players and
referees). Given the importance of visual communication in the current sports science and
medicine community, our expert group statement has been summarised into three key
infographics: (1) match-day nutrition, (2) training day nutrition and (3) the ‘best of the rest’
that is, key take-home messages from the other topics within the statement. While methods
such as infographics are a useful and potentially impactful way to engage practitioners and
researchers, they do carry a risk of oversimplification and misinterpretation.[2] We therefore

strongly advise and encourage people interested in the infographics and take-home messages to read and digest the full expert group statement to better inform if and how you decide to implement nutritional strategies in your own practice.

REFERENCES

- 1 Collins J, Maughan R, Gleeson M, et al. UEFA expert group 2020 statement on nutrition in elite football. Current evidence to inform practical recommendations and drive future research. Br J Sports Med 2020.
- 2 Impellizzeri FM. Social Media in Sport Science and Medicine: With Great Power Comes Great Responsibility. Int J Sports Physiol Perform 2018;13:253–4.

Correspondence to: Dr Alan McCall, Arsenal Performance and Research Team, Arsenal Football Club, London, UK; amccall@arsenal.co.uk

Twitter: James Collins @JamesCollinsPN, Mike Gleeson @professormichaelgleeson, Johann Bilsborough @jbils1972, Asker Jeukendrup @jeukendrup, James P Morton @JamesyMorton, S M Phillips @mackinprof, Louise M Burke @LouiseMBurke, Julien Louis @Jlnlouis, Jorunn Kaiander Sundgot-Borgen @Jorunn_SB, Charlotte M Cowie @drccowie and Alan McCall@Alan_McCall_

Contributors: AM wrote the short infographic introduction. AM and JC prepared the first draft infographics with Yann Le Meur. All authors contributed to and agreed the final versions.

Funding: The authors have not declared a specific grant for this research from any funding agency in the public, commercial or not-for-profit sectors.

Competing interests: See COI document linked to the main paper (too large to copy paste in here).

Patient consent for publication: Not required.

Provenance and peer review: Not commissioned; internally peer reviewed.

Infographic 2: UEFA 2020 expert group statement in elite football: match-day.

Infographic 3: UEFA 2020 expert group statement in elite football: Best of the rest—8 other key take-home messages.